CLAIMS

A computer monitor lifting device, comprising:
 an equipment support sized and dimensioned for receiving a computer monitor; and

a lifting mechanism coupled to the equipment support and adapted to selectively move the equipment support and the computer monitor between a retracted position and an extended position;

wherein the lifting mechanism is coupled beneath a worksurface in the retracted position and raises the computer onto the worksurface in the extended position.

- 2. The computer monitor lifting device as defined in claim 1, wherein the lifting mechanism comprises a mechanical energy storage device coupled between the stationary support and the equipment support.
- 3. The computer monitor lifting device as defined in claim 2, wherein the energy storage device is a constant force coil spring.
- 4. The computer monitor lifting device as defined in claim 1, further comprising a stationary support coupled beneath the work surface.
- 5. The lifting mechanism as defined in claim 4, wherein the equipment support is moveably coupled to the stationary support through a linear slide mechanism.
- 6. The lifting mechanism as defined in claim 5, further comprising a latching mechanism coupled between the equipment support and the wor ksurface to counteract the

lifting mechanism and to retain the computer monitor beneath the work surface when in the retracted position.

- 7. The lifting mechanism as defined in claim 1, further comprising an enclosure for enclosing the computer monitor when the computer monitor is in the retracted position.
- 8. The lifting mechanism as defined in claim 7, wherein the enclosure is lockable.
 - 9. A computer monitor lifting device, the lifting device comprising:
 a work surface including an aperture;
 a stationary support coupled beneath the work surface;

a monitor support moveably coupled to the stationary support and sized and dimensioned to receive a computer monitor;

a lifting mechanism coupled between the equipment support and the stationary support and adapted to selectively lift the monitor support and the computer monitor through the aperture and onto the work surface; and

a latching mechanism for selectively coupling the monitor support to the stationary support.

10. The computer monitor lifting device as defined in claim 9, wherein the lifting mechanism comprises a constant force coil spring.

- 12. The computer monitor lifting device as defined in claim 9, wherein the constant force coil spring is retained in tension in a retracted position and is released to lift the computer monitor to an extended position.
- 13. The computer monitor lifting device as defined in claim 12, wherein the latching mechanism retains the constant force coil spring in tension when latched.
- 14. The computer monitor lifting device as defined in claim 10, wherein the equipment support is coupled to the stationary support through a linear slide mechanism.
- 15. A computer monitor lifting device for moving a computer monitor between a retracted and an extended position, the computer monitor lifting device comprising:

a stationary support member adapted to be coupled beneath a work surface;

a computer monitor support slidably coupled to the stationary support member, the computer monitor support including a top horizontal member and a bottom horizontal member, the top and bottom horizontal members being sized and dimensioned to be received in an aperture in the work surface, and spaced vertically at a distance selected to allow a computer monitor to be received on the monitor support;

a lifting device coupled to the monitor support, the lifting device providing an upward lifting force directed against the weight of the monitor support when the monitor support is in a retracted position;

a latching mechanism for latching the computer monitor support to the stationary support; and

a latch release mechanism for releasing the latching mechanism, wherein in the retracted position the latching mechanism maintains the computer monitor support beneath

the work surface and the top horizontal member is provided in the aperture in the work surface, and when the latching mechanism is released, the lifting mechanism drives the computer monitor support upward to the extended position, wherein the bottom horizontal surface rests in the aperture in the work surface and the computer monitor is displayed on the work surface.

- 16. The computer monitor lifting device as defined in claim 15, wherein the lifting device is a mechanical energy storage device held in tension while the computer monitor is in the retracted position.
- 17. The computer monitor lifting device as defined in claim 15, further comprising a latching mechanism for coupling the computer monitor support to the stationary support and retaining the mechanical energy storage device in tension.
- 18. The computer monitor lifting device as defined in claim 16, wherein the mechanical energy storage device comprises at least one of a constant force coil spring, a compression spring, an extension spring, or a gas spring.
- 19. The computer monitor lifting device as defined in claim 15, wherein the computer monitor support is coupled to the stationary support with a linear ball bearing slide.
- 20. The computer monitor lifting device as defined in claim 15, further comprising a deceleration device coupled to the monitor support and activatable by a stop member coupled to the stationary support to decelerate the monitor support as the monitor support approaches the expanded position.